

THRIVE DURING A PANDEMIC WITH A Growth Mindset

Look for the lessons.

Remember that frustration is normal & helps you grow.

Recognize that it's the journey, not the end result that matters.

Give mistakes & failure a chance to teach you.



Focus on the good.

Strive for growth, not perfection.

Instead of comparing your situation to others, recognize your own personal growth.

Continue setting goals & challenging yourself in new ways.

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